The Virginia PTA Power Plates Program is a competition designed to encourage students to practice healthy eating habits.

Students can enter their original, healthy recipes in three easy steps:

1. Write down their recipe.
2. Fill out the student entry form.
3. Take a picture of their dish.

Students in grades Pre-K to 12 can enter their recipes in one of five categories:

BREAKFAST | DINNER | LUNCH | DESSERT | SNACK

DEADLINE: FEBRUARY 3, 2020

Student entry form can be found at https://vapta.org/ under “Programs.” For more information, contact healthandsafety@vapta.org.